


July 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Cafe L: Library *: By Appointment					1. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 1:00 Pinochle L	2.
3.	4. Closed Happy Independence Day 	5. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:00 Step Aerobics BR 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:15 Open Bridge GR 2:15 Strength Training BR	6. 8:15 5-K Training 9:00 Walking GR *9:15 Nurse 9:30 Open Quilting CR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR	7. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR Mega Sign Up Day	8. 9:00 Walking GR 9:30 Mahjong GA 1:00 Pinochle L Make up Yoga Class. Time TBA	9. 9:00 Thimble Island
10.	11. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 11:30 Hawaii Program 1:00 Setback GR	12. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Google 12:00 Step Aerobics BR 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR Class Sign Up Day	13 8:00 Women's' Breakfast 8:15 5-K Training 9:00 Walking GR *9:15 Nurse 9:30 Open Quilting CR 10:00 10,000 Step Club 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR	14. 9:00 Walking GR 9:00 QT Bushnell *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	15. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 1:00 Pinochle L	16.
17. 9:30 a.m. Pops At Tanglewood	18 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Coffee w/ a Social Worker 1:00 Setback GR 1:00 55 Alive	19. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Google 11-12 Blood Pressure 12:00 Step Aerobics BR 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR	20. 9:00 Walking GR No Nurse 9:30 Open Quilting CR 10:00 10,000 Step Club 1:00 Charlemagne BR 1:00 Bingo GR 2:00 Smoothies 3:30 Yoga BR	21. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	22. 9:00 Walking GR 9:30 Mahjong GA 10:00 Delaney House 1:00 Pinochle L	23. 9:30 Christmas Tree Shop
24.	25. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Coffee w/ a Social Worker 1:00 Setback GR	26. 9:00 Walking GR 9:00 QT Old Mistick Village No Nurse 9:30 Wii Bowling BR 9:30 Open Circle 10:00 Cribbage GA 10:00 Ladies Billiards 10:00 Google 12:00 Step Aerobics BR 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR	27. 7:30 Three C's 9:00 Walking GR No Nurse 9:30 Open Quilting CR 10:00 10,000 Step Club 10:30 Zumba Gold GR 1:00 Charlemagne BR 1:00 Bingo GR 2:00 Smoothies	28. 9:00 Walking GR *9:15 Nurse (until noon) 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR *Cholesterol Screening	29. 9:00 Walking GR 9:00 Trail Walking 9:00 Shopping Bus 9:30 Mahjong GA 1:00 Pinochle L	30.

Nurse's Wellness Clinic

Many of your health needs can be met and your questions answered by Diana Krusell, from the Visiting Nurse Association of Central Connecticut. She is at the Senior Center every Tuesday, Wednesday and Thursday, by appointment. She reserves 11:00 a.m.—12:00 noon on these days for blood pressure screenings, no appointment necessary.

Diana can provide blood pressure checks, and blood glucose screenings, assistance with medications, diet, symptoms of illness, common aging problems and other helpful services.

Foot care is \$15.00 and includes a foot soak, inspection of feet, toe nail clipping, foot massage and smoothing of calluses and corns. Referrals to area podiatrists are made as needed.

Ear wax removal Two appointments are required. First for history and assessment and another for ear wax irrigation. There is a \$5.00 charge. Referrals to physicians are made as needed.

Cholesterol screenings are done one day a month, by appointment. Call the Nurse for the scheduled day. Cholesterol screenings are \$10.00.

Continuous Daily Activities

Monday

10:00 Current Events: Friendly, lively discussion of local, state and national current events.

12:45 Senior Bowling League: \$7.25 per week. Meet at Laurel Lanes. Call Frank Robinson, League President, 747-2918.

1:00 Setback: Pre-register by calling the Senior Center

Tuesday

9:30 Wii Bowling: Stop in and try Wii Bowling.

10:00 Ladies Billiards: No Pre-registration necessary.

10:00 Cribbage: No pre-registration necessary.

1:00 Pinochle: No pre-registration necessary.

9:30 Wii Bowling: Stop in and try Wii Bowling.

1:15 Open Bridge: No pre-registration necessary.

Wednesday

8:00 Women's Breakfast: (2nd Wednesday of the month)

Women are invited to meet at the Oasis Restaurant. Pre-register by calling the Senior Center.

1:00 Charlemagne Card Game: No pre-registration is necessary.

1:00 Bingo: No pre-registration necessary

Thursday

No pre-registration necessary

12:00 Committee on Aging: (1st Thursday of the month) Makes Senior Center policy decisions and reviews programs and services. Open to the public.

12:30 Men's Pool Tournament

1:00 Pinochle: No pre-registration.

1:00 Scrabble No pre-registration necessary.

2:30 Dancing: Enjoy dancing and socializing with a live band. Open to the public.

Friday

9:30 Mahjong No pre-registration necessary.

11:30 Friends Helping Friends (3rd Friday of the month): Group of single, widowed, divorced or never married individuals meet monthly for lunch excursions at various restaurants in the area. Call the Senior Center to register.

1:00 Pinochle (at the Library) No pre-registration necessary.

DIAL-A-RIDE

(860)589-6968

Available Monday

9:00 a.m.-5:30 p.m.

Tuesday-Thursday

9:00 a.m.-4:30 p.m.

Friday

9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social

service appointments and to visit loved ones in a nursing home in Plainville, Bristol, New Britain, Southington, Farmington, and to the Newington VA Hospital. It will also take you to any destination in Plainville

The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the build-

ing of their destination. In addition, the drivers cannot help with groceries or packages or help you walk.

Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*

SATURDAY TRANSPORTATION PROGRAM

The Saturday Transportation Program provides rides from your home in Plainville to "special" destinations, such as the Christmas Tree Shops, Clinton Crossings, Museums and other exciting places. See the newsletter for the current shopping excursions planned.

To be eligible for this service you must be a citizen of Plainville age 60+ or a disabled individual of any age who is a Plainville resident. Drivers cannot provide hands-on assistance to passengers. Passengers must be able to get to the bus from their home and from the vehicle to their destination on their own or with the assistance of their own companion. *Program is funded by the State of Connecticut Department of Transportation. Donations gratefully accepted.*

OTHER TRANSPORTATION PROGRAMS

Call the program for more information

Red Cross Transportation: (860)229-1631

ADA Transportation: (860-)589-7820

S.E.N.I.O.R. JULY 2011



Plainville Senior Center
Dynamic Past * Vibrant Future



Shawn Cohen, Director
Ronda Guberman, Assistant Director
200 East Street, Plainville CT 06062
Phone: 860-747-5728

Hours: Monday: 9:00 a.m. - 6:00 p.m., Tuesday-Thursday 9:00 a.m.—5:00 p.m., Friday 9:00 a.m.—1:00 p.m.

THE LOOK AND TASTE OF KAUAI, HAWAII Monday, July 11 at 11:30 a.m.



Join us as we watch a DVD of the Island of Kauai. We will enjoy pineapple pancakes with coconut syrup, and coffee. We will also then learn how to cut a pineapple fancy enough to serve guests. **Call the Senior Center to register for this free program by July 8.**



Artwork by student artists in the Plainville Senior Center's Drawing & Painting Class are on display at the Plainville Town Hall through the summer. Featured artists are Jack Grabowski, Trudy Kijanka, Sue Holcomb, Soll Levine, Walter Reckert, Theresa Miller, Ellen Couture, Rita Rival, Joyce Cannon, and Diane Misko.

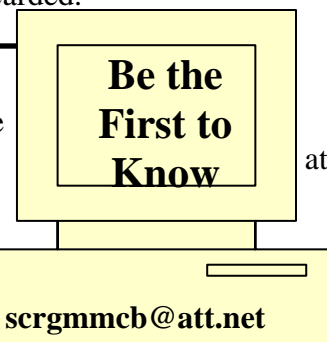
Photo: Pictured, left to right, are: Instructor Pat Mottola, artist Trudy Kijanka, artist Sue Holcomb.

LAST CALL FOR LOST AND FOUND



We have a lot of items that were left in our coat room this winter. We have scarves, hats, umbrellas, coats and other items. Next time you are in, take a look in the coat room and see if any of the items are yours. If they are not picked up by **July 15**, they will be donated or discarded.

If you would like to be put on the newsletter pick-up or email list, just let us know. Please call the Senior Center about getting your name on our email or pick-up list, and we will be happy to answer any questions you may have! Or just email us your information our new **newsletter information only** address at scrgmmcb@att.net, and we will take care of the rest. Remember, you can always go to the Town of Plainville Website, (www.plainvillect.com) under the Senior Center Tab and get the current month's newsletter, along with all the newsletters from the past year.



★ Senior Center Cafe ★

Come down to the Senior Center on Tuesdays and Wednesdays, between 11:00 a.m.—1:00 p.m. to have a delicious lunch. For lunch we have a weekly special, a selection of sandwiches, panini and salads, all freshly made. Stop by the Senior Center for a menu or go to the Town of Plainville website, Senior Center tab, and view it there. Café Specials in July:

Café Specials for July

- July 5 & 6: Turkey, Bacon and Blue Cheese Panini
- July 12 & 13: Greek Chicken Salad
- July 19 & 20: Taco Salad
- July 26 & 27: Buffalo Chicken Salad or Panini

The Café will be closed during the month of August.

CLASSES SIGNING UP IN JULY

These classes begin signing up on Tuesday, July 12, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.

ZUMBA GOLD: 6-weeks, Wednesdays, July 27— August 31, 10:30-11:30 a.m. \$18.00 members; \$36.00 non-members. **Instructor:** Amy Gray, ZUMBA Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms, created in the original ZUMBA, and adjusts it to accommodate participants of all ages and fitness levels.

STRENGTH TRAINING WITH CORRINA, 6-weeks, Tuesdays, August 9-September 20 (No class August 23), 2:15– 3:15 p.m. \$12.00 members; \$24.00 non-members. **Instructor:** Corinna Peters, Increase your strength and flexibility using weights, bands and stretching in seated and standing position.

OPEN QUILTING, Wednesdays, 9:30—11:30 a.m. During the summer, we offer open quilting. No charge, just come in and quilt with friends.

KNITTING & CROCHET, 6-weeks, Thursdays, August 4-September 8, 1:00—3:00 p.m. \$12.00 members; \$24.00 non-members. **Instructor:** Evelyn Morin, Finish an old project that's been hanging around in your closet or start something new! If you've got the desire to learn, we can teach you, even if you are left-handed!!

CERAMICS, 6-weeks, Thursdays, August 4-September 8, 9:30—11:00 a.m. \$18.00 members; \$36.00 non-members. **Instructor:** Gloria Cerniglia, Learn how to choose a piece of green wear, clean it, paint it and glaze it. Beginners welcome! Students are responsible for materials and supplies.

GENTLE YOGA, 6-weeks, Wednesdays, August 10-September 14, 3:30-4:30 p.m., \$18.00 members; \$36.00 non-members. **Instructor:** Kate Keefe, This is a mat based yoga class which involves learning to get up and down from the floor while promoting safe spinal alignment. This class is appropriate for persons who are interested in a gentle yoga class and / or individuals who are at risk or living with Osteopenia, Osteoporosis, and other chronic pain conditions.

STEP AEROBICS, 6-weeks, Tuesdays, July 26-September 6, 12:00-12:45 p.m. (No class August 23), \$18.00 members; \$36.00 non-members. **Instructor:** Corinna Peters, Enjoy great music and engage your brain and body, while using a small platform (step) for an additional aerobic work-out.

Outdoor Adventure Club

TRAIL WALKING

Chatfield Hollow, Killingworth, CT

Intergenerational Adventure—Bring the Grandchildren

Friday, July 29

\$10.00 adults, \$5.00 children, includes transportation, leader and snacks. Leaves OLM at 9:00 a.m., return approximately 2:30 p.m. Bring lunch, snacks, water bottle, suntan lotion and bug spray. Wear loose comfortable clothing and good hiking / walking shoes. There are facilities to change and restrooms. Walk the board walk, wander wooded trails, wade in brooks, and take a dip in the lake. There is so much to keep you busy at this State Park. **Sign up begins on Mega Sign-up Day July 7, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

TEN THOUSAND STEP CLUB

July 13, 20 and 27, 10:00-10:45 a.m.

Health experts recommend that individuals should take 10,000 steps a day. How many steps do you take a day? Have you ever wondered what your step count is? Go on... take a guess. Now join our Ten Thousand Step Club, wear one of the Senior Center pedometers and get your daily step count. We will measure your stride and set up the pedometer for you. Everyone will receive a stepping log to record their daily steps and will receive tips on how to add extra steps in their day. Pedometers will be returned to the Senior Center after the program. **There is no cost to participate, but you must pre-register by calling the senior Center.**

The program is limited to five people.



HEALTHY SUMMERTIME SMOOTHIES

July 20 and / or 27, 2:00-3:00 p.m., in the Café



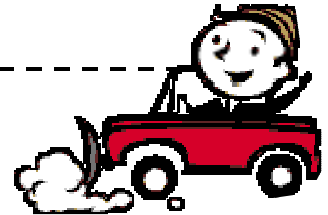
Learn to make healthy and delicious summertime smoothies, using fresh fruit, yogurts and other ingredients. Come and see how easy they are to make and of course, try these cool, refreshing, yet healthy, treats. You will also get copies of the recipes. The cost is \$2.00 per session. Sign up for one or both sessions. There will be a different recipe on each day. **Sign up begins on Mega Sign-up Day, July 7, between 9:15 a.m.-4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

**Guide to Google:
Everything You Wanted to Know About Google But Were Afraid to Ask
Tuesdays, July 12, 19 & 26, 10:00 a.m.—12:00 noon**

Joi Sorensen from Plainville Public Library will lead a computer course at the Plainville Senior Center, highlighting the many applications available on www.google.com. Learn how to create a *Google* account and create a personalized *iGoogle* homepage. Explore YouTube, Google Earth, Gmail, Google Docs and more during this three (3)-part series. The cost of the class is \$20.00 and includes the book *Google for Seniors: get acquainted with free Google applications*, which includes online support at www.visualsteps.com/google after registration. This excellent step-by-step guide is valued at \$25.00. *Google for Seniors* is a valuable resource for anyone interested in developing savvy Internet skills. Pre-registration is required and seating is limited. Basic computer, typing, mouse and Internet-use skills needed for participation. **Registration has begun. Register between 9:15-10:15 a.m. or between 9:15 a.m. and 4:00 p.m. on Mega Sign-up Day.**



**55 ALIVE MATURE DRIVING CLASS
Now Only One Day Sessions!**



Date: Monday, July 18
Location: Plainville Senior Center
Time: 1:00—5:00 p.m. You are welcome to bring a snack. Coffee is provided.
Cost: AARP members, providing a membership number, \$12.00. Other attendees, \$14.00
Sign Up: **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. The class will consist of films and discussions. A driver's manual will be provided. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance.

FREE CHOLESTEROL SCREENING

We are offering free cholesterol screenings on Thursday, July 28, by appointment. Call Diana, Center Nurse, to make an appointment.

SENIOR CENTER INSTRUCTOR RECEIVES AWARD

The Plainville Senior Center staff and members would like to offer their congratulations to Pat Mottola, Senior Center Painting and Drawing Instructor, on receiving the John Holmes award for Poetry from the New England Poetry Club. The John Holmes Award is awarded for a poem written by a student enrolled in a New England college. Congratulations Pat on this wonderful accomplishment!

FREE CELL PHONE AND AIRTIME THROUGH SAFELINK

SafeLink Wireless is a program that provides a free cell phone and airtime each month for income-eligible customers

Through SafeLink Wireless' Lifeline Service income-eligible participants receive *FREE cellular service*, a *FREE cell phone*, and *FREE Minutes every month* (64 minutes a month in CT). SafeLink Wireless Service does not cost anything – there are no contracts, no recurring fees and no monthly charges. Any minutes you do not use will roll-over. Features such as caller ID, call waiting and voicemail are all also included with your service. If you need additional minutes, you can buy TracFone Airtime Cards at any TracFone retailer (Walmart, Walgreens, Family Dollar, etc).

You qualify for Lifeline Service in Connecticut if you already participate in one of the following assistance programs: Care for Kids, Connecticut Energy Assistance Program, CONNPACE, Contingency Heating Assistance Program, Federal Public Housing Assistance / Section 8, Food Stamps, Medicaid/Title 19 (including Husky and Healthy Start), Personal Care Assistance, Refugee Program, Rental Assistance, State Administered General Assistance, State Supplement to the Aged, Blind, or Disabled, Supplemental Security Income (SSI), Temporary Family Assistance. No one in your household can currently receive Lifeline Assistance through another phone carrier. If someone in your household is receiving Lifeline Assistance you must cancel the service before applying for Lifeline Service through SafeLink Wireless. You must have a valid United States Postal Address. In order for your FREE phone to be shipped, you must live at a residence that can receive mail from the US Post Office. Sorry, but P.O. Boxes cannot be accepted.

Applying for SafeLink Wireless Service is quick and easy. Go to <https://www.safelinkwireless.com/EnrollmentPublic/home.aspx> and fill out the application or call 1-800-977-3768. If you have any questions or would like help applying for this program, call Marcy at the Plainville Senior Center.

QUICK TRIPS, FRIDAY AND SATURDAY SHOPPING BUS

These are curb to curb services. Participants who do not drive can be picked-up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day / time of the trip. We use school buses that can be handicapped accessible with wheelchair lifts, but passengers must be able to get on and off the bus on their own. **If a wheelchair lift is needed, let us know at sign up.**

Trip Guidelines

1. If you choose not to go on a trip, we do not offer refunds for trips costing \$5.00 or less due to the high cost of processing checks and accounting. We will process refunds, if we cancel the trip.
2. If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
3. You should be at the departure point at least 15 minutes prior to the scheduled leaving time.
4. **We need at least ten participants in order to run the trip. If there aren't enough people, we will have to cancel...so, please encourage your friends to join you.**

Quick Trips

Tour of the Bushnell Performing Arts Center, Hartford Lunch at Sparky's Hook and Ladder Restaurant Thursday, July 14

\$3.00 payable at sign-up. Cost of lunch is on your own. Join us for a tour of the two beautiful theaters, the world-famous Chihuly glass chandelier, as well as backstage spaces. Then enjoy lunch at nearby Sparky's Hook and Ladder. This restaurant is decorated to reflect the passion of firefighters, both past and present, who risk their lives to serve and protect the community. The menu features classic family style American cuisine. Home pick-ups, for those who do not drive, begin at 9:00 a.m. Bus leaves OLM parking lot at 9:30 a.m. Returns to Plainville at about 1:30 p.m. **Sign up begins on Mega Sign-up Day, July 7, between 9:15 a.m. and 4:00 p.m. or between 9:15—10:15 a.m. on any day following.**

Old Mistick Village, Mystic Tuesday, July 26

\$5.00 payable at registration. Cost of lunch is on your own. Olde Mistick Village offers a unique shopping experience. Wander along brick pathways, visit more than forty stores with exceptional items from around the world. Enjoy lunch at one of the nearby restaurants. Home pickups, for those who do not drive, will begin at 9:00 a.m. Bus will leave OLM parking lot at 9:15 a.m. The bus will return to Plainville by 3:30 p.m. **Sign up begins on Mega Sign-up Day, July 7, 9:15 a.m.—4:00 p.m. or between 9:15—10:15 a.m. on any day following.**

Saturday Shopping Bus

Thimble Islands Cruise and Lunch at Chowder Pot Restaurant, Branford Saturday, July 9

Join your friends for a trip to the shore. Enjoy a narrated cruise around the famous Thimble Islands with Captain Bob on the Volsunga IV. Then have lunch at the Chowder Pot with its varied menu. Home pick-ups, for those who do not drive, begin at 9:00 a.m. Leaves the Senior Center at 9:30 a.m. Returns to Plainville at about 3:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **As space is limited, please call the Senior Center to sign up by Wednesday, July 6.**

Christmas Tree Shop and Promenade Shops at Evergreen Walk, Manchester Saturday, July 23

Look for all the bargains at the Christmas Tree Shop. Lunch will be at a nearby restaurant of the group's choice. Then, visit over 60 specialty shops and eateries at the Promenade Shops at Evergreen Walk. Home pick-ups, for those who do not drive, will begin at 9:30 a.m. Bus leaves Senior Center at 10:00 a.m. Returns to Plainville at about 3:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **Please call to sign up by Tuesday, July 19.**

Friday Shopping Bus

- **July 1:** Bristol Shopping Plaza
- **July 15:** Bristol Walmart
- **July 29:** Southington Walmart

Our shopping bus will start home pick-ups at 9:00 a.m. You will be picked up at the store at 12:15 p.m., unless otherwise noted. Call the Senior Center by 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

TRIPS

►► Important Trip Information: ◀◀

- **Sign up:** Sign up for trips is between 9:15 a.m.—4:00 p.m. on **Mega Sign-Up Day** or Monday – Friday between 9:15 – 10:15 a.m. only. Payment is due at time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (Not on the Stillwell Drive Side.)
- **Open to the public:** Trips are open to the public 7 days after members sign-up.
- **Cancellations:** Call the Senior Center immediately so that we can try to find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat but should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us, so we can **try** to get a refund for you. We must pay for any numbers that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded we will pass on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons.
- **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
- **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
- **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participant for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.

Pops at Tanglewood; Keith Lockhart, Conductor; and Cranwell Resort Luncheon Sunday, July 17

\$116.00 per person includes transportation, reserved (undercover) seats at Tanglewood, Cranwell brunch and gratuities. Leaves from the Senior Center at 9:30 a.m. Returns approximately 7:00 p.m. **Trip is currently full. If interested, please put your name on the reserve list.**

All You Can Eat Lobster and Comedy Show at the Delaney House, Holyoke, MA Friday, July 22

\$88.00 per person includes transportation, meal, show and gratuity. Leaves from OLM at 10:00 a.m. and returns at approximately 4:30 p.m. When you arrive you will have appetizers served at your table including; cheese and vegetable platter, shrimp cocktail and salad. The buffet lunch will include Lobster! Lobster! and More Lobster! The buffet will also have Beef Tips Marsala with noodles, Seafood Newburg, Chicken Cordon Bleu, variety of salads, mixed vegetables, bread basket, dessert and beverages... Oh, and don't forget... Lobster! The entertainment is Music and Comedy with Bob Goss. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Discover the Three C's (Charles Riverboat, Cheesecake Factory and Cambridge) Wednesday, July 27

\$80.00 per person includes transportation, lunch, sightseeing, attractions and driver gratuity. Leaves from OLM at 7:30 a.m. and returns at approximately 7:00 p.m. Our destination this morning is the elegant Cambridge Galleria Mall, where we will board the Charles Riverboat for a sightseeing excursion along the Charles River and through the Boston Locks. Lunch will be at the Cheesecake Factory Restaurant. You can order a mouth-watering lunch from a special tour luncheon menu and then finish off your meal with a slice of their spectacularly wonderful cheesecake. Following lunch, you will board a coach for a guided tour of Cambridge, a unique community with a strong mix of cultural and social diversity, and technological innovations. **Sign up has begun. Sign up between 9:15—10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

The Drifters featuring Charlie Thomas and His Four Piece Band at the Aqua Turf Thursday, August 18

\$62.00 per person, if you drive on your own, includes lunch and show. Transportation for those who do not want to drive on their own would be an additional \$3.00. Arrive at the Aqua Turf at 11:30 a.m. The delicious lunch at the elegant Aqua Turf includes garden salad, pasta, Chicken Parmesan, broiled scrod with cracker crumb topping, vegetable, rolls, dessert and beverage, all served Family Style. The entertainment for the afternoon will be Charlie Thomas and the Drifters, with their four piece band. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Foxwoods Thursday, August 25

\$20.00 per person includes transportation, casino bonuses and driver's gratuity. Leaves at 7:30 a.m. from OLM, leaves the casino at 4:30 p.m., returns approximately 6:00 p.m. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**Saratoga Race Course, NY
Sunday, August 28**

\$53.00 per person includes transportation, admission, reserved grandstand seating and gratuity. Lunch and dinner are on your own. Leaves from the Plainville Senior Center at 8:00 a.m. and returns at approximately 10:00 p.m. **As of the printing of the newsletter, we just received two more spots. Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**3– Day Ogunquit, Maine—Tales of the Sea
September 7-9**

\$399 per person double, \$379 per person triple, \$499 per person single. **The trip is currently full. If interested, please put your name on the reserve list.**

**Eating Your Way “Troo” Brooklyn
Saturday, September 24**

\$57.00 per person includes transportation, sightseeing and attractions, local step-on guide and gratuities. **Important: Cost includes deluxe motorcoach and local guide. The local Tour Guide will share tips and suggestions in each neighborhood. Food cost is NOT included... each person pays for their own purchases.** There is a moderate amount of walking on this trip. Leaves at 8:00 a.m. from the Plainville Senior Center and returns at approximately 6:30 p.m. Your 5 hour tour with the local expert will include stops in Fort Greene, DUMBO, Clinton Hill, Brooklyn Heights, and Park Slope. We will have a chance to explore Sahadi's on Atlantic Avenue, a Middle Eastern gourmet food market with a huge olive bar, spinach and meat pie pastries, cheeses, fruits and olive oils. We'll stop at a local Italian Deli and French Bakery, and conclude our day in DUMBO for wonderful ice-cream and desserts. Enjoy Jacques Torres famous French chocolate shop and Fulton Ferry's for homemade ice-cream. Take in the skyline with views of the Brooklyn and Manhattan Bridges. Great shopping area!!! **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**Albuquerque Balloon Fiesta.
6-Days, October 7-October 12—Featuring 3 Nights in Santa Fe**

\$2,125 per person double, \$2,095 per person triple, \$2,795 per person single, includes roundtrip airfare, tour director, 7 meals (5-full breakfasts at the hotel and 2 dinners), motorcoach transportation, admissions per itinerary, sightseeing per itinerary, hotel, transfers, and baggage handling. \$300 deposit at sign-up. The final payment is due July 7. Does not include gratuities and trip insurance. Trip insurance is optional, but recommended and costs \$113 double or triple, \$131 single. The tour highlights include the Albuquerque International Balloon Fiesta, Albuquerque city tour, Indian Pueblo Cultural Center, Bandelier National Monument, Los Alamos Science Museum, Santa Fe City Tour, Taos Pueblo, Taos City Tour, High Road to Taos, 3 nights in Santa Fe. Get a complete itinerary at the Senior Center Front Desk. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**Sedona Great Trains and Grand Canyon
October 23-28**

\$2,265.00 per person double, \$2,855 per person single. **Trip is full. If interested, please sign the reserve list.**

**Jersey Boys, *The Story of Frank Valli and the Four Seasons*
At the Bushnell Theatre
Wednesday, November 2**

\$121.00 per person includes transportation, buffet lunch, orchestra tickets to the 1:00 p.m. matinee and gratuities. Leaves from OLM at 10:30 a.m. and returns at approximately 4:30 p.m. Come follow the rags-to-rock-to-riches tale of four blue-collar kids working their way from the streets of Newark to the heights of stardom and became one of the greatest successes in pop-music history. Before the show, enjoy a wonderful buffet brunch at the Chowder Pot, which includes: salads, assorted cheeses & pepperoni with crackers, fresh fruit, vegetable crudité with assorted dips, broiled salmon, chicken Florentine, Virginia baked ham, rigatoni, potato, vegetable, bread and butter, dessert, coffee & tea. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**The Radio City Christmas Spectacular
79th Anniversary—Brand New Show
Thursday, November 17**

\$95.00 per person includes deluxe motorcoach, reserved orchestra / first mezzanine seating for the 2:00 p.m. show. \$55.00 non-refundable deposit due at sign-up. The remainder is due by October 3. Leaves from OLM at 8:15 a.m. and returns at approximately 6:30 p.m. The Radio City Christmas Spectacular starring the world-famous Rockettes, returns for the 79th Anniversary with six new production numbers. The interior of the Music Hall will transform into a magical Christmas canvas with new digital technology featuring a 3DLive video game adventure. Time is available before the show for shopping and lunch on your own. **If you want to go on this trip, do not delay, tickets must be purchased immediately. Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**4-Day Quebec City—A Grand Winter Carnival
February 3-6, 2012**

\$699.00 per person double, \$649.00 per person triple, \$919.00 per person single, includes deluxe motorcoach transportation, 3-nights at the Chateau Laurier Hotel in Quebec City, baggage handling and Quebec room tax at the hotel, dinner two evenings in the Walled City, dinner at L'Astral Restaurant overlooking the city, meal tax and waiters gratuity, Quebec City sightseeing with a local guide, Winter Carnival Bonhomme Pass for admissions, Mass at St. Anne de Beaupre, Winter Carnival events, Tours of Distinction Escort, tips for escort, bus driver and Quebec guide. Trip insurance is optional but highly recommended. A complete itinerary is available at the front desk. The cost for trip insurance is \$39.00 per person for double or triple and \$49.00 for single. If you want the insurance, you must purchase it at the time of deposit. \$100.00 deposit due at sig-up. The remainder is due by January 3, 2012. **You will need a valid passport to go to Canada. Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

New Trips

**Wine, Cheese & Autumn in Southern Vermont
Polish American Cuisine, Honora Winery & Vineyards, and Grafton Cheese Village
Thursday, October 13**

\$72.00 per person includes deluxe motorcoach, sightseeing, lunch, attractions and driver gratuity. Leaves from OLM at 7:45 a.m. and returns at approximately 6:30 p.m. There is nothing more beautiful than fall in Vermont! Begin the day at Grafton Village Cheese in Brattleboro. We'll have a chance to view the cheese making process along with sampling of several cheeses. This large retail store has a large selection of artisan cheeses, specialty foods, breads and Vermont products. The Matterhorn Inn in West Dover is a charming country inn featuring hearty Polish American cuisine. Family owned and operated, the inn welcomes its guests into a spacious great room complete with a cozy fireplace... our buffet lunch will be served in their rustic Chopin's Restaurant. Bring your appetite because the buffet menu will include soup, salad, hot entrees, vegetable, potato, pierogi, stuffed cabbage, kielbasa, dessert and beverage. Honora Vineyards in West Hallifax is situated on 200 acres of rolling hills. Their spectacular Napa style event center will be the site of our tasting with its mountain views, warm wood interior and soaring 4 sided stone fireplace. Everyone will receive a memento wine glass. **Sign up for members begins on Mega Sign-up Day July 7, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Sign up for non-members begins July 14.**

**SAVE THE DATE
Upcoming Trips**

**November 6: Hairspray at the Warner Theater
November 9: The Singing Policeman at the Grand Oak Villa in Oakville, CT
June 8-15, 2012: Mackinac Island**

MEGA SIGN-UP DAY

On **Thursday, July 7**, sign up begins for most new paid activities and trips. On Mega Sign-up Day members can sign up and pay for any paid activity or trip **ALL DAY, between 9:15 a.m.—4:00 p.m.** On all other days, sign up is 9:15—10:15 a.m.

*******TRIP PARKING REMINDER*******

When you leave your car at the Senior Center or OLM to go on a trip, please remember, **parking is at your own risk. Do not leave valuables in your car and don't forget to lock your car.**

If the trip you would like to go on is full, please sign the reserve list. We often get cancellations and call people on the reserve list to take their place. We cannot guarantee a place, but often we are able to accommodate some or all the people on the list.

We had a suggestion on a trip survey to have bottled water on the bus during a trip. Although we will not be providing water, please feel free to bring your own bottle of water onto the bus anytime. Also, if you have a medical condition that requires eating at a certain time, please feel free to bring snacks or whatever you need. Most trips follow our planned schedule for breaks and meals, but traffic could necessitate skipping a coffee stop or being late for a meal. Please plan accordingly if this is an issue for you.

DONATIONS

Donations are gratefully accepted for any of our fundraising campaigns:

Computer Equipment Upgrade Fund	Dial-a-Ride	Renovation Fund
\$100 Club	\$1,000 Club	Pool Table Fund
Memorial Donations	Parking Lot	Homebound Services
PEAK Fitness Center Enhancement Fund		Senior Center Beautification Project

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist.)

We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter. *Thank you to all who made donations.*

GENERAL DONATIONS**May 16-June 16**

Sandra Michalik, Lorraine Chamberland, Jim Rio, William Senk, Brenda Tella, Anna Smedick, Priscilla Cornish, Anita & Roger Willequer, Jane Mack, Laurette Guimond, Bernadette Caron, Donna Burns, Rachel Bell, Girl Scout Troop 66709, Amelia Goodfield, Helen Perschy, Helen Marinelli, Big Y Foods

Dial-A-Ride: Hazel Decker, Anonymous

MEMORIAL DONATIONS**May 16—June 16**

The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Citizens Center. The deceased person's name will be listed in the Memorial Book displayed in our lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

In Memory of Antoinette Santucci: Lucy Pestillo

In Memory of James Tella: Tina and Brenda Tella (To Dial-a-Ride)

CHEER REPORT**May 13—June 16**

CHEER CARDS Martha Jandreau, Gilman Cyr, Bill Miller, Fred Kennedy, Ken Gleifert, Joan Blackler, Joseph Dulac, Nancy Muir, Doris Grant, Mary Weed, Lucy Bull

SYMPATHY CARDS: Geraldine Malicki, Donald and Carol Beam, Diane Sperry, Family of Sylvia Ventrelli, Gilman and Jackie Plourd

NEW MEMBERS**May 1-31**

Roger Bosworth, George Renock, Maureen Renock, MaryAnn Ellis, Barbara Kurowski, Carolyn Moore, Charles Moore, James Lathrop, Claudette Lathrop, Robert Swiatek, Christine Swiatek, Jeannette LeBlanc, Dolores Martin, Ann Labadia, Greta Pelletier, Albert Pelletier, Patricia Olmstead, Lester Olmstead, Lucy Pestillo

Billiards Winners

May 19: #1 Paul Martel & Norm Landry **#2** Mitch Ziolkowski & Joe Palumbo

May 26: Stan Funk & Mitch Ziolkowski **June 2:** Joe Giannattasio & Bobby Hull

June 9: #1 Stan Funk & Joe Giannattasio **#2** Ed Zareck & Mitch Ziolkowski

June 16 : #1 Joe Giannattasio & Wilson Belanger **#2** Bob Hull & Norm Landry

Setback Tournament Winners

May 23: **1st:** Barbara Martin & Anne Theriault **2nd:** Charles & Olga Stepney
3rd: Walter Mackiewicz & Rose Dunlap

June 6: **1st:** Sandy Tyminski & Mary Needham **2nd:** Verna Pekrul & Walt Mackiewicz
3rd: Pat Roper and Sally Miller

June 13: **1st:** Bob Raymond & Marcel Boilard **2nd:** George Reinwald & Charles Stepney
3rd: Barbara Martin & Anne Theriault

June 20: **1st:** Walt Mackiewicz & Verna Pekrul **2nd:** Grace Lapila & Peter Demkow
3rd: Karen Carpinteri & Richard Vantrisco

COFFEE WITH A SOCIAL WORKER
Mondays, July 18 and 25, 12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program, Housing Options, Where to Find Alzheimer's Help in the Community, Caregiving, Homecare, etc. Just stop by Stephanie's office. Please note, this program is for Plainville Residents only. **No pre-registration necessary.** Just stop in and have an individual chat with Stephanie. No question is too small!

FREE REIKI APPOINTMENTS

Mondays, 9:15 a.m.—12:15 p.m., by appointment

Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki treatments can decrease stress and improve energy and overall well-being and has many benefits for the mind, body and spirit. **Call the Senior Center and register for your free 1/2 hour Reiki session with Barbara Birth.** Barbara has been a Usui Reiki Practitioner since 2006 and became a Reiki Master Practitioner in 2008.

RENTAL REBATE PROGRAM

The Town of Plainville's Assessor's Office has begun to make appointments to take applications for the Renters Rebate Program for the elderly and disabled renters. Income requirements for the Renters Rebate: are for single people \$32,300 and married couples \$39,500. Qualifications for the renter's benefit are:

- Applicants must have been 65 years old prior to December 31, 2010 or have a 100 percent disability rating from the Social Security Administration. Applicants must have been a resident of Connecticut for any one year.
- Persons filing must provide a copy of their 2010 income tax return, or if not required to file a return, must supply copies of their source of income and the amounts, and proof of Social Security benefits collected for 2010.

Renter applicants must also have receipts for their rent from 2010 and all utility receipts for 2010. Call the Assessor's Office for an appointment at 793-0221 ext 244.

MEDICARE'S ANNUAL ENROLLMENT PERIOD IS MOVING UP!

Mark your calendars. Starting this year, the New Annual Enrollment Period for Medicare Part D and Medicare Advantage Plans begins October 15, 2011 and ends on December 7, 2011.

MEMBERSHIP UPDATE

If you have not already, you will be receiving a phone call from the Senior Center shortly. We are doing our membership updates. Many times, over the years, addresses, phone numbers, emergency contacts, etc. change and we are not told. We do not want to wait until an emergency happens to realize we don't have the updated information, so we will be calling and asking you to confirm the information that you have on file with us. Don't worry, we never give out any of your personal information to anyone! Thanks for your help keeping our files current.

PEAK FITNESS CENTER

PEAK CENTER HOURS

Monday—Thursday: 9:00 a.m.—4:45 p.m.

Fridays: 9:00 a.m.—1:00 p.m.

Cardiovascular Equipment

- NuStep: This is our most popular piece of equipment. The NuStep is a seated "stair stepper" which offers a complete upper and lower body cardiovascular workout.
- Treadmills: You can walk at your own pace. The incline can be adjusted for a more resistant workout, as though you are walking up and down hills.
- Recumbent Bicycle: Ride in comfort ... there is a back to the seat for full support!
- Elliptical Cross trainer: Low-impact total body workout

Weight Training. Seven pieces of upper and lower body strength training equipment including:

* Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

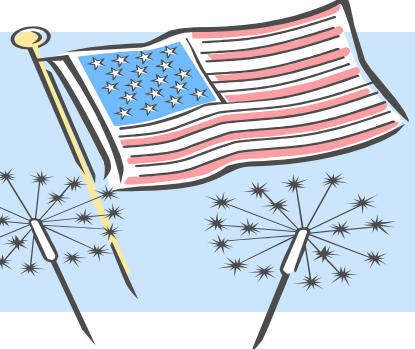
Stop by the front desk for a membership packet that includes a medical approval form

- Membership rates: \$7.00 for 1 month; \$32.00 for 6 months and \$50.00 for one year. A one-time registration fee of \$25.00 (cardio & weights) or \$8.00 (cardio only); \$17.00 (weights only) is charged at the time of your initial training.

Indoor Walking at the Senior Center Every day, 9:00—9:30 a.m. Free

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***BC = Back of Calendar**



Women's Breakfast
 Wednesday, July 13, 8:00 a.m. at Oasis Restaurant
 Call the Senior Center for more information or to register

Friends Helping Friends
 None in July and August

Choral Group Rehearsal
 None in July and August

IT MAY BE HOT OUTSIDE BUT IT'S COOL IN HERE

Is it one of those hot days and you just can't get comfortable? Well, come to the Senior Center and enjoy the air conditioning. Join in on one of our planned activities, catch up with some friends, read a book, do a puzzle or just relax and enjoy a little cool air. Come in and find out why the Plainville Senior Center is the "coolest" center around.

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate Meal Program: July				1. BBQ Chicken Breast
Reservations for a meal must be made at least one day ahead by calling the kitchen, 860-747-5728, between 10:15 a.m. and 12:00 noon. The suggested donation is \$2.50.				
4. Closed Happy Independence Day	5. Meat Filled Ravioli	6. Garden Salad w/ Cherry Tomatoes, Sliced Cucumber and Olives	7. Roast Pork w/ Apple Cranberry Gravy	8. Open Faced Turkey Sandwich w/ Gravy
11. Swedish Meatballs in Brown Seasoned Gravy	12. Chef Salad with Sliced Turkey, Ham, Swiss Cheese on Greens	13. Crispy Fish Wedge w/ Tarter Sauce	14. Sliced Roast Beef w/ Horseradish Gravy	15. Un-breaded Veal Parmesan w/ Brown Seasoned Gravy
18. Homemade Beef Stew	19. Knockwurst w/ Sautéed Peppers & Onions	20. Egg Salad Sandwich Ice Cream Social	21. BBQ Pork Ribs	22. Penne Pasta w/ Meatballs
25. Baked Turkey Loaf w/ Turkey Gravy	26. Stuffed Green Peppers w/ Tomato Sauce	27. Yankee Pot Roast Au Jus	28. Scalloped Breaded Chicken Coins in Tomato Sauce	29. Un-breaded Boneless Pork Chops w/ Apple Sauce

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